



Dodge County
ADRC and Aging Programs

Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC



www.co.dodge.wi.gov

EASY AND HEALTHY TO START 2018



Ingredients:

- * 1 head cauliflower, cut into florets
- * 1 T. olive oil
- * 1 clove garlic, smashed
- * 1/4 c. grated Parmesan cheese
- * 1 T. reduced-fat cream cheese
- * 1/2 tsp. kosher salt
- * 1/8 tsp. black pepper

ADRC Recipe Box

Garlic Mashed Cauliflower

Directions:

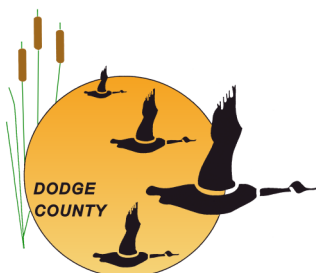
- ~ Steam cauliflower until tender, about 10 minutes.
- ~ Meanwhile, heat olive oil in small skillet over medium heat, cook and stir garlic until softened, about 2 minutes. Remove from heat.
- ~ Transfer half the cauliflower to food processor, cover, and blend on high.
- ~ Add remaining cauliflower florets, one at a time, until vegetables are creamy.
- ~ Blend in garlic, Parmesan cheese, cream cheese, salt, and pepper.



Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039



TO:



Connecting You with
Supports and Services



199 County Road DF - 3rd Floor, Juneau, Wisconsin 53039
920-386-3580 or 800-924-6407

ADRC/Aging Services Supervisor Report

From the Desk of Kris Schefft



ne of the challenges we face in the Aging and Disability Resource Center is spreading the news widely that we are here and we can help. It's a new way of doing business for Human Services in Dodge County and we are trying many different strategies. We have learned what doesn't work in marketing, and that many times people will have heard about our services three or four times before they finally stop by or call. The more we can do to help support individuals in having choices and living healthy lives, the happier we are!

This January, look for billboards like below throughout the county promoting our ability to support caregivers and their unmet or even unidentified needs. We will continue to be heard on WBEV through the Senior Solutions program, hosted by Heiar Insurance. Our presence on Facebook and through our webpage has given us many referrals, in particular from loved ones who live out of state and don't know where to start with helping their family member. This year celebrates our 10th anniversary operating as an ADRC and you will hear more about that as we firm up our plans to celebrate.

2018 also gives us an opportunity to develop a new 3 year Aging plan to support our programs for those aging. We will be having roundtable meetings to gather input from you, the reader, on what you would like to be addressed. These meetings will begin in March and will be held throughout the county. Once locations and times are established, we will publicize in the local papers or you may call the office for details.

Happy New Year
and hoping for
good health
and happiness
to all in 2018!

**Need a
break?**

Yes, you do.

Caring is a 24/7 job.
Let us help...

Call 920-386-3580



January 2018

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The ADRC and
Aging
Programs in
Dodge
County
are just a
phone
call away!



920-386-3580
or
800-924-6407



Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Amy Ewerdt
 Aging & Disability Resource
 Specialists.....Diane Coulter, Pam Couperus, Mary Delgado,
Heather Ehrlich, Lynn Lothen, Vicki Zimmerman
 Elder Benefit Specialist.....Amanda Higgins
 Disability Benefit Specialist.....Ashley Sanborn
 Dementia Care Specialist.....
 Caregiver Programs Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....Emily Groh
 Customer Service & Support Staff.....Jackie Wendlandt &
Nicole Margelofsky
 Transportation Staff.....Pat Jacob &
Bev Behm
 Van Drivers.....Mark Callies, Mike Falkinham, John Leitner,
Dave Pasewald, Cindy Solberg, Bruce Wiese
 Dining Center Managers.....Kate Deakin, Shirley Dibble,
Inez Feilbach, Lisa Glamann, Judy Hedstrom,
Jane Hilgendorf, Kristin Mintzloff, Rose Newman,
Lynn Perrenoud, Marcey Sage, Judy Schraufnagel,
Linda Voight, Linda Zastrow, Joan Zehner

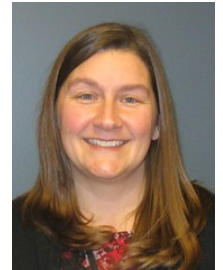
Newest ADRC Staff



Hello! My name is Pamela Couperus and I am a new Aging and Disability Resource Specialist here at the Dodge County ADRC. My first day at the ADRC was on October 30th but I have worked for Dodge County Human Services and Health Department for 29 years in the Long-Term Support/Adult Protective Services Unit. I'm excited about my new role here at Dodge County and I look forward to talking with you.

.....

Hi I'm Amy Ewerdt! I enjoy helping others to live their lives to the fullest by staying healthy and active. As a Registered Dietitian and Certified Personal Trainer, I bring experience and motivation to others. When not working I stay busy with my husband, Aaron and three children, Ezekiel (11), Elijah (8), and Emmalyhn (6). As I start my new role as our Aging, Nutrition, and Transportation Supervisor, I am excited about the possibilities the future will hold!



You're Getting a New Medicare Card!



Medicare will mail new Medicare cards between April 2018 – April 2019. Your card will have a new Medicare Number instead of a Social Security Number.

Make sure your mailing address is up to date so you get your new card. Visit ssa.gov/myaccount or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address.

Visit Medicare.gov for the latest updates.



CMS Product No. 12006
August 2017



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Access to Independence

*Providing advocacy,
services, and resources
for people with any
disability of any age.*



Access to Assistive Technology!

Access to Independence is the Independent Living Center in Wisconsin that covers Dodge County as well as Dane, Green and Columbia County. One of the many programs that ACCESS has is their Assistive Technology program.

Assistive Technology can be any device that helps eliminate barriers that a person with a disability may have and help improve their independence. Access to Independence has nearly 1,000 items of Assistive Technology ranging from high tech items to low tech items. Examples of low tech items can be magnifiers, pen/pencil grips, adaptive kitchen tools, and reachers/grabbers. Examples of high tech can be amplified phones or listening devices, adaptive computer hardware (keyboard, mouse) or software (Dragon Naturally Speaking, JAWS), talking calendars, or medication dispensers.

Access to Independence can help people explore what device might be useful for them and demonstrate how various items work. We are also able to loan items out to people for up to three weeks so that they are able to try out the items on their own time. If training is needed on how to use items, we have staff available to meet with you until you are comfortable using the items on your own. Access to Independence also have canes, walkers, manual wheelchairs, and portable ramps for people who may need to borrow one for up to three weeks. All of our loans, demonstrations, and Assistive Technology trainings are available to you at no cost! We will also explore if there are funding sources for you to use to purchase any items you could use. Access to Independence does not sell any Assistive technology.

Access to Independence is located in Madison at 3810 Milwaukee Street but has a staff member, Nick Isham, who schedules Dodge County appointments 2 or 3 times per month. To learn more about Access to Independence or if you have any disability related questions concerning yourself or a friend or family member please call Access to Independence at 608-242-8484, or toll-free at 800-362-9877. You can visit Access's web page to learn more.

<http://www.accesstoind.org/>

2nd Friday of the Month: 2:30 to 4:00 pm
Hosted at alternating locations in Dodge County
Please Join Us!



Friday, February 9 Gallery Tour & Craft
Beaver Dam Area Arts Association
1605 N. Spring St. - Beaver Dam



Friday, March 9 Topic: Crimes in Nature
Horicon Marsh Education & Visitor Center
N7725 Hwy 28 - Horicon



**Space is limited and
reservations are
required. Please call
the ADRC at
920-386-3580
to register today.**



Please
Join Us!



**January 12, 2018
2:30 - 4 pm**

**Dodge County
Administration Building
Auditorium Rooms H & I**

**127 East Oak Street
Juneau, WI**

Space is limited and reservations required.

**Call the ADRC to register.
920-386-3580**



SPARK! is a **FREE** program offered through the Aging and Disability Resource Center (ADRC) of Dodge County that provides an opportunity for those with early to mid-stage memory loss and their care partners to enjoy art, artifacts and nature in comfortable settings. Programming at each site is different and is guided by trained docents and volunteers. The atmosphere is welcoming and stimulating. Attendees enjoy a great time and are eager to come back for new experiences.

Our Feathered Friends...



Birds are friends to the gardener, providing insect control, sweet songs, and a splash of color. As urban areas expand, habitat can be downright unfriendly to songbirds. Many species overwinter in Wisconsin and need food, shelter, and water. Join Master Gardener Volunteer Carol Shirk to learn a few simple methods to make your landscape more bird-friendly. Create a birdseed ornament to take home and help our fine feathered friends.



See future SPARK! schedule and topics on next page!

**YOUR BENEFIT NEWS***Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist*

Based on the increase in the Consumer Price Index, Social Security and Supplemental Security Income will receive a 2% Cost of Living Adjustment

Social Security Cost of Living Increase	Before 2% COLA	After 2% COLA
All Retired Workers	\$1,377	\$1,404
Aged Couple, Both Receiving Benefits	\$2,294	\$2,340
Aged Widow(er)	\$1,310	\$1,336
All Disabled Workers	\$1,173	\$1,197

(COLA) for 2018. Estimated monthly benefits payable in January 2017. In addition to an increase in Social Security Retirement payments based on the 2018 COLA, there are a variety of other changes for income thresholds and exemptions for 2017.

Medicare Numbers Released 2018

The Centers for Medicare & Medicaid Services (CMS) recently announced the 2018 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B. Medicare Part A covers inpatient hospital stays and rehabilitation

	2017	2018
SSI Federal Payment Standard		
Individual	\$735/mo.	\$750/mo.
Couple	\$1,103/mo.	\$1,125/mo.
Maximum Taxable Earnings (OASDI) (Old-Age, Survivors, and Disability Insurance)	\$127,200	\$128,400
Retirement Earnings Test Exempt Amounts		
Under Full Retirement Age	\$16,920/yr.	\$17,040/yr.
Year Reaches Full Retirement Age	\$44,880/yr.	\$45,360/yr.
Maximum Social Security Benefit (based on Full Retirement Age)	\$2,678/mo.	\$2,788/mo.
Quarter of Coverage	\$1,300	\$1,320
Social Security Disability Thresholds:		
Non-Blind Substantial Gainful Activity	\$1,170/mo.	\$1,180/mo.
Blind Substantial Gainful Activity	\$1,950/mo.	\$1,970/mo.
Trial Work Period	\$840/mo.	\$850/mo.

Source: <https://www.ssa.gov/news/press/factsheets/colafacts2018.pdf>

care at a skilled nursing facility. Medicare Part B covers physician services, outpatient hospital services, durable medical equipment at home, outpatient rehabilitation, and outpatient laboratory services and testing. Regardless of work quarters, everyone pays a Medicare Part B premium (unless qualify for a premium subsidy). Typically, Medicare Part B provides insurance coverage on an 80/20% basis. As you can see from the chart below, the Medicare Part B premium and deductible amounts will remain the same in 2018. In addition to Medicare Part A and B, it is important to take note of pricing changes on Medicare Part D drug plans and Medicare Advantage plans (optional).

Medicare Part A costs	2017	2018
Premium – 40 work credits	\$0	\$0
Premium > 30 work credits	\$227	\$232
Premium < 30 work credits	\$413	\$422
Deductible (per benefit period)	\$1,316	\$1,340
Daily coinsurance in hospital days 61-90	\$329	\$335
Daily coinsurance in hospital days 91-150	\$658	\$670
Daily coinsurance in a skilled nursing facility, days 21-100	\$164.50	\$167.50

Medicare Part B costs	2017 & 2018
Premium	\$134
Deductible (annual)	\$183

Published with permission from the Legal Services Team at the Greater Wisconsin Aging on Aging Resources' Elder Law & Advocacy Center.



Winter Weather Preparedness and the Senior Dining Center Program



The Human Services & Health Department makes every effort to deliver the meals to the dining centers in spite of the weather; however, every now and then a winter storm is too much for even our most courageous drivers.

When weather conditions make delivery dangerous, both the dining centers and the home delivered meal routes will be cancelled. On these days, we will let you know by announcing it on the local radio stations as well as the area television stations as soon as it is possible in the morning.

Radio Stations:

1430 AM - WBEV - Beaver Dam
95.3 FM - WXRO - Beaver Dam
620AM-WTJM
94.5 FM-WTKI
98.7FM-WMDC - Mayville
1540 AM - WTKM - Hartford
104.9 FM - WTKM - Hartford



TV Stations:

Channel 3000
Today's TMJ4
WISN TV 12
WITI FOX 6
WMLW CBS 58

If the dining centers are closed, all meal reservations will be honored on the next serving day. Anyone wishing to change a meal reservation should phone either 386-3580 or 800-924-6407 by 4:30 pm. the day the meal has been cancelled. If the office is closed, just leave a message.

If the weather conditions are bad and you have not heard that meals are cancelled, please phone our office at 386-3580 or 800-924-6407 to see if the meals are still being served before attempting to get to the dining center.

Start to plan now to have items on hand in case you cannot get out. Some items to consider include:

- Frozen dinners
- Canned soups, stews, spaghetti, tuna
- Peanut butter
- Canned fruits or fruit juices
- Canned or frozen vegetables
- Instant oatmeal, mixes-pancakes, waffles, rice, noodles
- Dairy products-milk, cheese, yogurt, cottage cheese (these items only keep for about a week)



The Transportation Program may also be cancelled in severe weather. Please listen to the radio, TV, or call 920-386-3832 for ride related inquiries.

Palliative Care versus Hospice Care

Palliative care is provided to individuals and their families who are experiencing *serious illness*. Palliative care services are provided at any age or stage of illness. Palliative care does not have to accompany terminal illnesses, such as patients who use

hospice services. Palliative care can be provided to the individual no matter where they live; private home, assisted living facility, and/or nursing homes. The palliative care team can assist individuals and families improve and maintain a quality of life, help understand medical treatment options, and provide expert symptom management for pain, nausea,

anxiety, shortness of breath and treatment side effects.

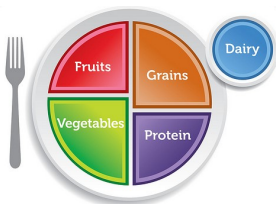
If you feel palliative care would benefit you or your family, talk with your healthcare provider.

Find out more about hospice care in our next newsletter!





Senior Dining Menu



	Mon	Tues	Wed	Thurs	Fri
J A N U A R Y	1 CLOSED ~ HAPPY NEW YEAR!	2 Chicken Marsala	3 Pork Steak	4 Ham Rolls	5 Country Fried Steak
	8 Chicken Tetrazzini Casserole	9 Meatballs in Honey Mustard Sauce	10 Ring Bologna	11 Hamburger on a Bun	12 Liver and Onions
	15 Glazed Ham	16 Baked Chicken	17 Lasagna Casserole	18 Roast Turkey	19 Cranberry/Kraut Meatballs
	22 Roast Beef	23 BBQ Pork Cutlet	24 Swiss Steak	25 Beef Stew	26 Chicken Cacciatore
	29 Roast Pork Loin	30 Meatloaf	31 Baked Chicken		
F E B R U A R Y				1 Beef Stroganoff Casserole	2 Crispy Fish Fillet
	5 Swedish Meatballs	6 Baked Spaghetti	7 Mushroom Pork Cutlet	8 Teriyaki Chicken Breast	9 Pepper Steak
	12 Chopped Steak in Burg/Mush Sauce	13 Baked Chicken	14 Spinach Lasagna	15 Smoked Sausage	16 Salmon Loaf
	19 Chicken Breast	20 Hawaiian Meatballs	21 Roast Pork Loin	22 Meatloaf	23 Macaroni and Cheese
	26 Beef Stew	27 Swiss Steak	28 Baked Chicken		
M A R C H				1 BBQ Pork Cutlet	2 Cheese Tortellini in Marinara Sauce
	5 Ham Rolls	6 Salisbury Steak	7 Honey Mustard Meatballs	8 Orange Chicken	9 Crispy Fish Fillet
	12 Baked Chicken	13 Liver and Onions	14 Beef Stroganoff	15 Pork Jaegerschnitzel	16 Tuna Casserole
	19 Corned Beef	20 Country Fried Steak	21 Chicken Broccoli & Rice Casserole	22 Smoked Sausage	23 Salmon Loaf
	26 Chicken Breast	27 Pot Roast	28 Baked Chicken	29 Lasagna Casserole	30 CLOSED FOR GOOD FRIDAY



AMY'S FIT BITS!



Nutrition Tips to Promote Wound Healing

Cuts, scrapes, scratches - we've all had them! Some wounds heal quickly, but some wounds can be more serious and take longer to heal, such as pressure sores or bed sores. People with diabetes have a higher risk of developing foot ulcers, which can take weeks to heal.



If you have wounds then your body needs extra energy (calories), vitamins, minerals, and protein to help promote healing. Some nutrients in your body are lost in fluids that can weep from the wounds.

So here are some tips!

- Eat balanced and nutritious meals and snacks-include each food group (protein, fruit, vegetables, grains, and dairy products).
- Aim for 20-30 grams of protein at each meal and 10-15 grams of protein with each snack.
 - 3oz (about the size of a deck of cards) of chicken, fish, lean meats = 20-25 grams of protein
 - One egg = 6-7 grams of protein
 - One Tablespoon of Peanut Butter = 6-7 grams of protein
 - One ounce of Cheese = 6-7 grams of protein
 - One Cup of low-fat Milk or Yogurt = 8 grams of protein
- Stay hydrated with water or unsweetened beverages
- Some wounds may require a higher intake of vitamins and minerals. If your wound is not healing well contact your local doctor or Registered Dietitian.
- If you have diabetes, controlling your blood sugars is one of the best ways to prevent and treat a wound. Seek out your doctor or a Registered Dietitian to personalize your needs.



Put Life Back in Your Life

Living Well with Chronic Conditions

A Stanford University School of Medicine Workshop



Feel better.

Be in control.

**Do the things
you want to do.**

**To register call:
920-386-3580**

**\$15 suggested
donation for
workbook**



JOIN US EVERY MONDAY

February 19 - March 26, 2018

1:00 - 3:00 pm

Marquardt Village—Stretches Room

1045 Hill St, Watertown, WI 53098

Are you an adult with an ongoing health condition? You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the *Living Well* Workshop can help you take charge of your life.

**Check out the other evidence based
programs the ADRC has to offer on page 6!**

wiha

Wisconsin Institute
for Healthy Aging



Other Evidence Based Programs Offered at the ADRC

All evidence based programs are typically offered twice a year. For questions or to get on a waiting list for a class, please call the ADRC at 920-386-3580.



Stepping On is a falls prevention program that empowers older adults to reduce the risks of falls. It is a community-based workshop offered once a week for seven weeks using adult education and self-efficacy principles. In a small-group setting, older adults learn balance exercises and develop specific knowledge and skills to prevent falls. Older adults who should attend are those who: a) are at risk of falling, b) have a fear of falling, or c) who have fallen one or more times. Two trained leaders facilitate workshops. Guest speakers include a Physical Therapist, a Vision Expert, Community Safety Expert, and a local Pharmacist.



©*Powerful Tools for Caregivers* is an educational workshop for people who are taking care of a family member or friend. It was developed by Legacy Healthy Systems at the University of Oregon, Portland; and is based on the Living Well with Chronic Conditions program created by Stanford University.

The workshop is directed specifically to the caregiver and his or her well-being. It does not teach hands on care or focus on disease conditions.

PTC is an "evidence-based" curriculum, meaning it has been studied and found to have significant positive results for people who take the workshop. Positive results are:

- Greater self-efficacy (confidence in one's ability to accomplish something a self-identified goal);
- Better emotional well-being;
- Increased use of self-care behaviors
- Increased awareness and use of community resources



NEW TO THE ADRC! Take Control, One Step at a Time



Whether you need relief from arthritis pain or just want to be active, *Walk With Ease* can teach you how to safely make physical activity part of your everyday life. The program is designed to help people living with arthritis better manage their pain. It's also ideal for people without arthritis who want to make walking a regular habit.

Walk with Ease



The Aging & Disability Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ ZIP _____



Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





Conflict Over Caregiving Is Common but families can take steps to minimize disputes

Often after the holidays tensions are high. Families that haven't seen each other for a while or haven't seen the loved one who needs care for a while suddenly see changes and conflict can arise. If caring for an older person is causing conflict within your family, you are not alone. Conflict is often part of family caregiving situations. Even the best of intentions to help mom or dad may cause tension but there are steps you can take to keep family conflict at bay when dealing with caregiving concerns.



Why the conflict? Everyone approaches things differently, each family member's opinion about what is best for mom or dad can vary greatly. Different attitudes toward family caregiving, depending on personality or family situation, can lead to conflict and alienation between siblings and other relatives. Sometimes the family member with the strongest personality dominates the decision making process or takes on caregiving responsibilities without consulting other family members. Some family members might deny there is a need and be unwilling to offer assistance. There are also situations where people who have their own children to care for expect an unmarried or childless sibling (or other relative) to take on caregiving responsibilities. The unmarried family member may not welcome this expectation.

Minimizing conflict. Family caregivers need to recognize that conflict is not unusual and getting help is important. If differences continue, family relationships can be permanently damaged. Also, the person being cared for may feel guilt, believing he or she is the cause of conflict. The best way to approach family conflict is to get everyone concerned about the care of the person into the same room to discuss their feelings, create a care plan and assign responsibilities. Face-to-face discussion eliminates the potential for misunderstandings due to information being received second-hand. If conflict continues, the next

best step is to get everyone in the same room but with a non-family member in the discussion. The person should be someone whose opinion everyone agrees to respect.

Other steps to take. Sometimes these suggestions just don't seem to work. Don't lose heart. Resolving conflict among families takes time. Be patient and keep doing your best at open, honest communication. Attending a support group by yourself or with family members can also be helpful. Other members may share ideas that worked in similar situations, and you will have the reassurance that you are not alone in your struggles! Lastly, seeking professional counseling as an individual or with family members can greatly improve the situation.

Adapted from an article by Jane Mahoney, Older Americans Act Consultant, Greater Wisconsin Agency on Aging Resources

caregiver
TELECONNECTION
www.caregiverteleconnection.org

Free
Telephone
Learning
Sessions

As we head full force into our Wisconsin winter, I want to remind you of this great resource for your caregivers who are unable or hesitant to drive in the winter to attend an in-person support group meeting. These calls are free and a great place for caregivers to just listen in anonymously or actively participate. The Dear Lucy call gives caregivers a chance to submit questions beforehand, then call in to hear all the questions and answers. To honor your confidentiality, no names will be used. Seems like a great way to spend an hour on a cold, snowy day!



Lucy Barylak, MSW is
"Dear Lucy"

Thursday, January 11th
&
Thursday, January 25th
12:00 pm (Central Time)



To register Toll Free please call:
(866) 390-6491
Email: caregiverteleconnection@wellmed.net